




**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Gong Xi Fa Chai!</b></p> <p><b>The Year of the Dog</b></p> <p><b>Senior Center Celebration on Thursday, Feb. 2</b></p> 		<p><b>1</b></p> <p>8:15 Tai Chi            8:30 Walkers            8:40 Cholesterol Tests (appt)            9:00 Canasta            10:00 Bingo!            10:00 Current Events            12:30-2:30 Medicare Counseling (appt.)            1:00 Pinochle &amp; Canasta            1:00 Mah Jongg            6:30 Tole Painting Class            7:00 Woodcarvers</p>	<p><b>2</b></p> <p>8:15 Senior Fitness            9:00 Chinese Club (fee)            9:00 Chinese Couns. Info            9:15 Senior Fitness            10 – 3 B. P. Screening            10:30 Yoga/Stretch            11:30 ECHO Housing, Reverse Mortgage Counseling  <b>11:30 Chinese New Years Celebration &amp; Lunch</b>            \$5 mem, \$7 non-mem  <b>1:30 Video: By Light of Lanterns” An Untold History of Monterey’s Chinese Fishermen”</b>            2:00 Sr. Center Singers            2:30 Dance, “Young at Heart” band (\$4)</p>	<p><b>3</b></p> <p><b>9:30-3 Washington on Wheels</b>  <b>8:15-12 AARP Driver Safety (must register, fee)</b>            8:30 Walkers  <b>9:30 Chinese Calligraphy</b>            10:00 Bridge            1:00 Pinochle &amp; Canasta            1:00 Piano/Guitar Lessons  <b>1-3 New: Bridge for Beginners &amp; Intermed. Class 8 weeks - \$80</b>            1:45 Needlecrafts            3:00 Tai Chi</p>
<p><b>6</b></p> <p>8:15 Tai Chi            8:30 Walkers            8:30 Quilters            10:00 Harmonica (Carlton)            10:00 Bingo!            12:30 Beg Spanish            12:30 Games            12:30 Quilter’s Lab            12:45 Healthy Lifestyles            1:00 Painting Class            1:00-3 Caregivers Support Human Services            Large Conf. Room            1:45 Interm Spanish  <b>6-7:30 New: Line Dance Class, Drop-in \$6</b></p>	<p><b>7</b></p> <p>8:00 Meditation            8:15 Senior Fitness            8:45 Yoga/Stretch            9:00 Softball Practice fld 2            9:15 Senior Fitness            9 -12 B. P. Screening            10:00 Creative Writing            11:00 Paratransit Reg. – appt.            12:45-2:45 Karaoke-Com Cen            12:45 Los Amigos            12:45 Crafts            1:00 Bridge            1:45 Fremontaires            3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p><b>8</b></p> <p>8:15 Tai Chi            8:30 Walkers            9:00 Canasta            9:30 Band Practice            10:00 Current Events            1-4:45 Afghan Women            1:00 Pinochle &amp; Canasta            1:00 Mah Jongg            1:30 Afghan Men            6:30 Tole Painting Class            7:00 Woodcarvers</p>	<p><b>9</b></p> <p>8:15 Senior Fitness            9:00 Chinese Club (fee)            9:00 Chinese Counseling and Information            9:15 Senior Fitness            10– 3 Blood Pressure Screening            10:30 Yoga/Stretch            1:00 Chess &amp; Games            2:00 Sr. Center Singers            2:30 Dance, “Young at Heart” Band (\$4)</p>	<p><b>10</b></p> <p><b>8:15-12 AARP Driver Safety (must register, fee)</b>            8:30 Walkers  <b>9:30 New: Chinese Calligraphy Class</b>            Bridge  <b>1-3 New: Bridge for Beginners &amp; Intermed. Class 8 weeks - \$80</b>  <b>1:30 Birthday Party! Entertainment by The Fremontaires</b>            Piano/Guitar Lessons            1:45 Needlecrafts            3:00 Tai Chi</p>
<p><b>13</b></p> <p>8:15 Tai Chi            8:30 Walkers            8:30 Quilters            9:00 Medicare Counseling (appt)            10:00 Harmonica (Carlton)            11:00 AARP Social Time            1:00 AARP Business Mtg            11:45 Bridge            12:30 Beg Spanish            12:30 Quilter’s Lab            12:45 Healthy Lifestyles  <b>1:00 Footcare- appt</b>            1:45 Interm Spanish  <b>6-7:30 New: Line Dance Class, Drop-in \$6</b></p>	<p><b>14 Happy Valentines Day!</b></p> <p>8:00 Meditation            8:15 Senior Fitness            8:45 Yoga/Stretch            9:00 Softball Practice fld 2            9:15 Senior Fitness            9 -12 B. P. Screening            10:00 Creative Writing            10:30 Indo-Amer. Seniors            11:00 Paratransit Reg. - appt  <b>12:00 Valentines Day Lunch &amp; Celebration, \$5, \$7</b>            12:45-2:45 Karaoke-Com Cen            12:45 Crafts            1:00 Bridge            1:45 Fremontaires            3:00 East Indian Seniors            3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p><b>15</b></p> <p>8:15 Tai Chi            8:30 Walkers  <b>9-12 Hearing Screenings</b>            10:00 Bingo!            10:00 Current Events            12:30-2:30 Medicare Counseling (appt)            1:00 Pinochle &amp; Canasta            1:00 Mah Jongg            6:30 Tole Painting Class            7:00 Woodcarvers</p>	<p><b>16</b></p> <p>8:15 Senior Fitness            9:00 Chinese Club (fee)            9:00 Chinese Counseling and Information            9:15 Senior Fitness            10– 3 Blood Pressure Screening            10:30 Yoga/Stretch            1:00 Chess &amp; Games            2:00 Sr. Center Singers            2:30 Dance, “Young at Heart” Band (\$4)</p>	<p><b>17</b></p> <p>8:30 Walkers  <b>9:30 Senior Commission Meeting</b>  <b>9:30 New: Chinese Calligraphy Class</b>            Bridge  <b>1-3 New: Bridge for Beginners &amp; Intermed. Class 8 weeks - \$80</b>            1:00 Piano/Guitar Lessons            1:45 Needlecrafts            3:00 Tai Chi</p>
<p><b>20</b></p> <p><b>President’s Day Holiday</b></p> <p><b>Senior Center Closed</b></p>	<p><b>21</b></p> <p>8:00 Meditation            8:15 Senior Fitness            8:45 Yoga/Stretch            9 -12 B. P. Screening            9:15 Senior Fitness            10:00 Creative Writing  <b>10:30 Weight Loss Workshop Dr. Renetta Shearer</b>  <b>Builders Fund Board</b>            11:00 Paratransit Reg - appt            12:45 Crafts            12:45-2:45 Karaoke-Com Cen  <b>1:00 Builders Fund General Meeting</b>            Bridge            1:45 Fremontaires            3:00 Tai Chi(Beg) 4:00 (Adv)</p>	<p><b>22</b></p> <p>8:15 Tai Chi            8:30 Walkers            9:00 Canasta            9:30 Band Practice  <b>10:00 Legal Assist. for Seniors</b>            10:00 Current Events            1-4:45 Afghan Women            1:00 Pinochle/ Canasta            1:00 Mah Jongg            1:30 Afghan Men            6:30 Tole Painting Class            7:00 Woodcarvers</p>	<p><b>23</b></p> <p>8:15 Senior Fitness            9:00 Chinese Club (fee)            9:00 Chinese Counseling and Information            9:15 Senior Fitness            10– 3 Blood Pressure Screening            10:30 Yoga/Stretch            1:00 Chess &amp; Games            2:00 Sr. Center Singers            2:30 Dance, “Young at Heart” Band (\$4)</p>	<p><b>24</b></p> <p>8:30 Walkers  <b>9:30 New: Chinese Calligraphy Class</b>            Bridge            10:00 NARFE Social Time            11:30 NARFE Business Meeting            12:30 Piano/Guitar Lessons  <b>1-3 New: Bridge for Beginners &amp; Intermed. Class 8 weeks - \$80</b>            1:45 Needlecrafts            3:00 Tai Chi</p>
<p><b>27</b></p> <p>8:15 Tai Chi            8:30 Walkers            8:30 Quilters            9:00 Medicare Counseling (appt)            10:00 Harmonica (Carlton)            11-3 Amer. Muslims Mtg.            11:45 Bridge            12:30 Beg Spanish            12:30 Quilter’s Lab            12:45 Healthy Lifestyles            1:00 Painting Class            1:45 Interm Spanish  <b>6 -7:30 New: Line Dance Class, Drop-in \$6</b>            7 – 9 Parkinsons Support Group</p>	<p><b>28</b></p> <p>8:00 Meditation            8:15 Senior Fitness            8:45 Yoga/Stretch            9:00 Softball Practice fld 2            9–12 B. P. Screening            9:15 Senior Fitness            10:00 Creative Writing            10:30 Indo Amer. Seniors            11:00 Paratransit Reg - appt            12:45 Crafts            12:45-2:45 Karaoke-Com Cen            1:00 Bridge            1:45 Fremontaires            2:00 Visual Concerns Group            3:00 East Indian Seniors            3:00 Tai Chi(Beg) 4:00 (Adv)</p>	